

Patient record and treatment plan

This table is designed to help providers document the 'agreed-on' plan that can be filed in a patient's chart and referred to during subsequent visits to follow up and continue discussion.

Name: _____ Date of birth: _____

Assessment					Treatment plan (note frequency and duration of therapy; adverse reactions; adherence)				
Date	Pain (BPI scores for 3 domains, 0-10)	Function (BPI score, 0-10)	General activity (BPI score, 0-10)	Mood (PHQ-9 depression score, 0-20 or higher; GAD-7 anxiety score, 0-21)	Physical activity (e.g. yoga, Tai chi, aqua therapy, pilates, physical activity) Frequency Duration	Self-management / psychological therapy (e.g. self-management program, CBT, MBI) Frequency Duration	Non-opioid medications • Regimen • Adverse reactions • Adherence	Opioid medications • Dosing • Adverse effects (A/E) • Adherence • Aberrant behaviours	Monitor & follow-up (e.g. include notes on time frame for follow-up and issues to discuss at next visit)
Nov 8, 2016	8 7 7		5 daily walks, ~5mins	6	Activity: Yoga Frequency: weekly Duration: 1hr	Therapy: n/a Frequency: n/a Duration: n/a	Naproxen Dosing: 220mg, twice daily A/E: none Adherence: patient takes medication daily	Dosing: n/a A/E: n/a Adherence: n/a Aberrant Behaviours: n/a	Follow up in 3-4 weeks
					Activity: Frequency: Duration:	Therapy: Frequency: Duration:	Dosing: A/E: Adherence:	Dosing: A/E: Adherence: Aberrant Behaviours:	
					Activity: Frequency: Duration:	Therapy: Frequency: Duration:	Dosing: A/E: Adherence:	Dosing: A/E: Adherence: Aberrant Behaviours:	
					Activity: Frequency: Duration:	Therapy: Frequency: Duration:	Dosing: A/E: Adherence:	Dosing: A/E: Adherence: Aberrant Behaviours:	
					Activity: Frequency: Duration:	Therapy: Frequency: Duration:	Dosing: A/E: Adherence:	Dosing: A/E: Adherence: Aberrant Behaviours:	
					Activity: Frequency: Duration:	Therapy: Frequency: Duration:	Dosing: A/E: Adherence:	Dosing: A/E: Adherence: Aberrant Behaviours:	

Referral
<input type="checkbox"/> Specialist <input type="checkbox"/> Multi-disciplinary clinic <input type="checkbox"/> Interventional procedure

Medications trialled	Notes/comments

Notes